



Passing, support and movement practice

PURPOSE

To improve passing, support, communication and movement. The focus should be on the timing of the pass, the movement and communication to receive the pass and players to recognising early the need to support the player receiving the pass.

SET UP

Any number of players in an area suitable for age and experience. Ideally, there should be one ball for four players. For example 12 players, 3 balls, in an area of 35 x 35. To start the practice and for younger players it is worthwhile having 1 ball to each 5 or 6 players as this makes it easier for the players to understand the practice. Have a good supply of balls on the outside of the area.

STRUCTURE

Player on the ball passes to another player who has made an angle to receive the ball. As the ball travels, another player supports the player receiving the pass; the ball is set to supporting player who passes to another player who has made an angle to receive the pass. Repeat.

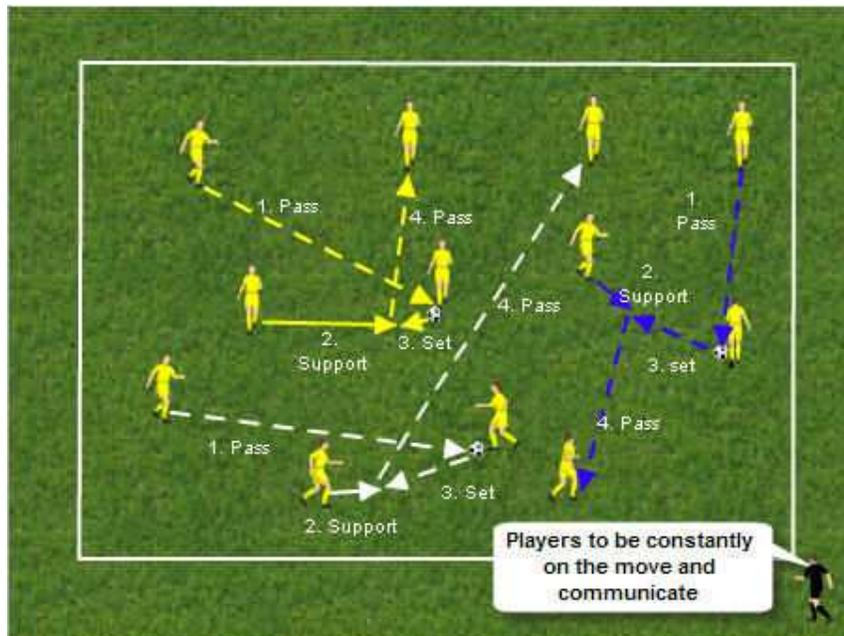
KEY COACHING FACTORS

- Accuracy and timing of the pass. Encourage the players to be patient in their passing and only pass when a player is ready to receive the pass.
- Movement of player to get into space to receive the pass
- Early support of the player receiving the pass - good angle, distance and good communication
- Good set to supporting player
- Accurate well timed pass from supporting player
- Repeat passing pattern.

This is a practice that requires a lot of concentration from the players. Because there are a number of footballs flying around, they need to keep their heads up and be aware of what is happening and where the balls are. They also need to constantly be on the move and be aware of need to recognise what their role is at any one time, be it a passer, a player receiving the pass or a support player. Once they have finished their role with one ball, they need to immediately think of how they can be involved with one of then other balls. Communication, timing of the pass, concentration and movement are vital

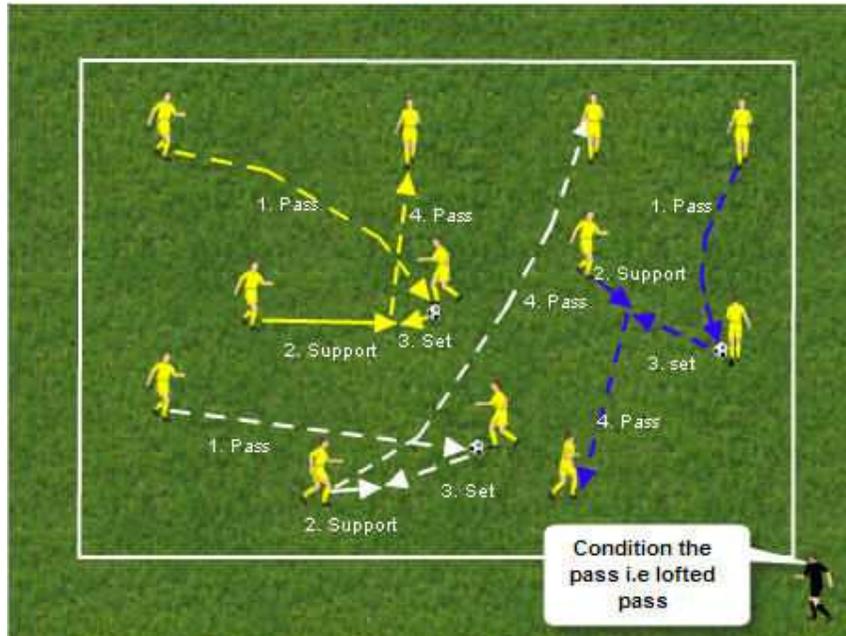
START

- First player passes the ball with good timing and accuracy. It is useful if the player passing the ball to have to call the name of the player they are passing to.
- Second player must show good movement to find space to receive the pass.
- Third player must recognise the need to support the player receiving the ball, with good angle, distance and communication
- Ball is set to receiving player who must ensure they have a target player to pass to, and then make an accurate well timed pass.
- Repeat



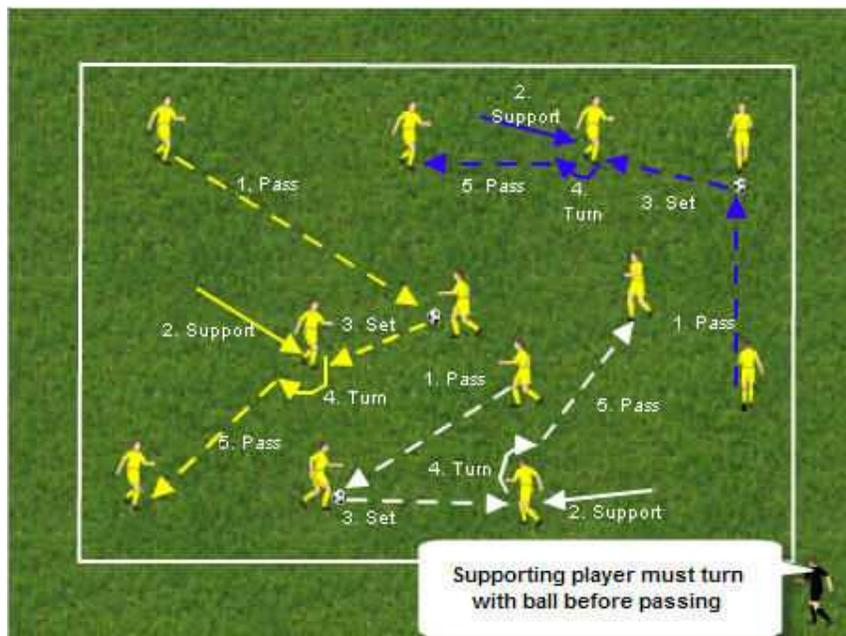
PROGRESSION #1

Condition the type of pass the players have to make. For example accurate side foot pass: Low driven pass: Long lofted pass



PROGRESSION # 2

Player supporting the pass must turn with the ball, away from the receiving player, before passing



PROGRESSION # 3

Bring in 2 or 3 passive defenders. Condition them to initially walk or jog, then gradually increase the intensity of defending

